



Harborside Farms Newsletter  
Issue #1 Volume #1

Here it is the middle of January and we are super excited to get this newsletter out to all of you.

Some events you all might want to check out are **The Maximized Living Makeover** at The Burton Cummings Theatre put on by good Friends of ours that run some pretty awesome chiropractic clinics in the city. Date: February 6<sup>th</sup> check out all the details here [www.maximizedlivingwinnipeg.com/seminars.html](http://www.maximizedlivingwinnipeg.com/seminars.html)



Also the Growing Local conference at the University Of Winnipeg on the February 19 and 20<sup>th</sup> visit [www.gifttool.com/registrar/ShowEventDetails?ID=1323&EID=6058](http://www.gifttool.com/registrar/ShowEventDetails?ID=1323&EID=6058) to register online.



Interested in some scary but awakening information on food, read **The End Of Food** by Paul Roberts. This book is for anyone who is concerned about the future of food.

So this month we would like to talk about **chicken!** We have been raising our own chickens for 10 + years and it seems that we have had a rough year with these darn little birds. We began great in April, all the birds did well in the chicken house. We moved them onto pasture and all seemed fine. We fed a mixed grain that included Organic Sunflower meal (leftover after the oil has been pressed out). We have never fed this before but friends of ours grew the actual sunflower for the oil and got this meal back

after it was pressed, being the farmers we are we did not see any reason why the chicken would not enjoy it, why waste it? They did eat it and loved it really, but what we did not know until a good month had past was that they had stopped growing! After doing a lot of research, we found that sunflower meal contains a compound that inhibits the growth of poultry. Once Clint realized that this sunflower meal was the problem we quickly removed it from the ration and hoped for some more growth until the end of the season. Some birds did well until fall, others did not. All were healthy, some just stayed small.

So now that leads us to all of you who have purchased our chickens, the whole birds were the largest of the flock, are great and we have had no complaints. The cut up ones were the smaller of the birds. These are the ones we used for our chicken breasts, thighs and legs. We have received a few calls and emails stating that the pieces were tough and stringy. We tried them ourselves and although enjoyed them found them to be on the tough side. So...we no longer have pieces for sale for this season. We will again in the fall, but for now we will have to take these off the shelves. It is not easy to ride out this sort of mistake on a small farm. When food is produced seasonally like our pastured poultry, one error in production can change the outcome of the whole year.

Thank you to everyone who phoned and emailed about the chicken pieces, and all of you who continue to support us. With your feedback we can hopefully make the food we grow for you better every year.

*“One is taught by experience to put a premium on those few people who can appreciate you for what you are...” –Gail Godwin*

**Delivery Dates:**

**January 30<sup>th</sup>, Saturday**

**February 10<sup>th</sup>, Wednesday**

**February 20<sup>th</sup>, Saturday**

**February 24<sup>th</sup>, Wednesday**

**Please look at the times and locations for pick up on the website, this info is now on the order page.**

Take care everyone and be safe during this traditional mixed weather we are having.

Clint and Pam Cavers